

**NAME OF THE PROGRAM:** TRC Sessions in Gaining Helpful Transitional Skills (S.I.G.H.T.S. Program)

**TARGETED POPULATION:** Blind or Visually Impaired High School Students



**TARGET NUMBER TO SERVE:** Maximum of 10

**TARGETED TIME FRAME AND LOCATION:** Summer 2018. One day per week for five weeks. Sessions will be on Fridays from 9:00 am to 2:00 pm on June 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup>. Classes will be held at the Tennessee Rehabilitation Center in Smyrna. All students will be day students.

**MAJOR EMPHASIS:** The goal of this workshop-based transition program is to help high school students who are blind or visually impaired make post-high school plans and determine whether college, job, or skills training is the next best step in reaching their employment goals. Students will learn the basics needed to help them begin to transition from high school to the world of work or college and the transition from dependence on family to living as independently as possible. Students will receive the following services both individually and as a group:

- Career Exploration, including Goal Setting
- Workplace Readiness Skills (Soft Skills and More)
- Self-Advocacy
- Pre-Employment Coaching / Career Mentoring
- Counseling on Post-Secondary Education

**For more information:**

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